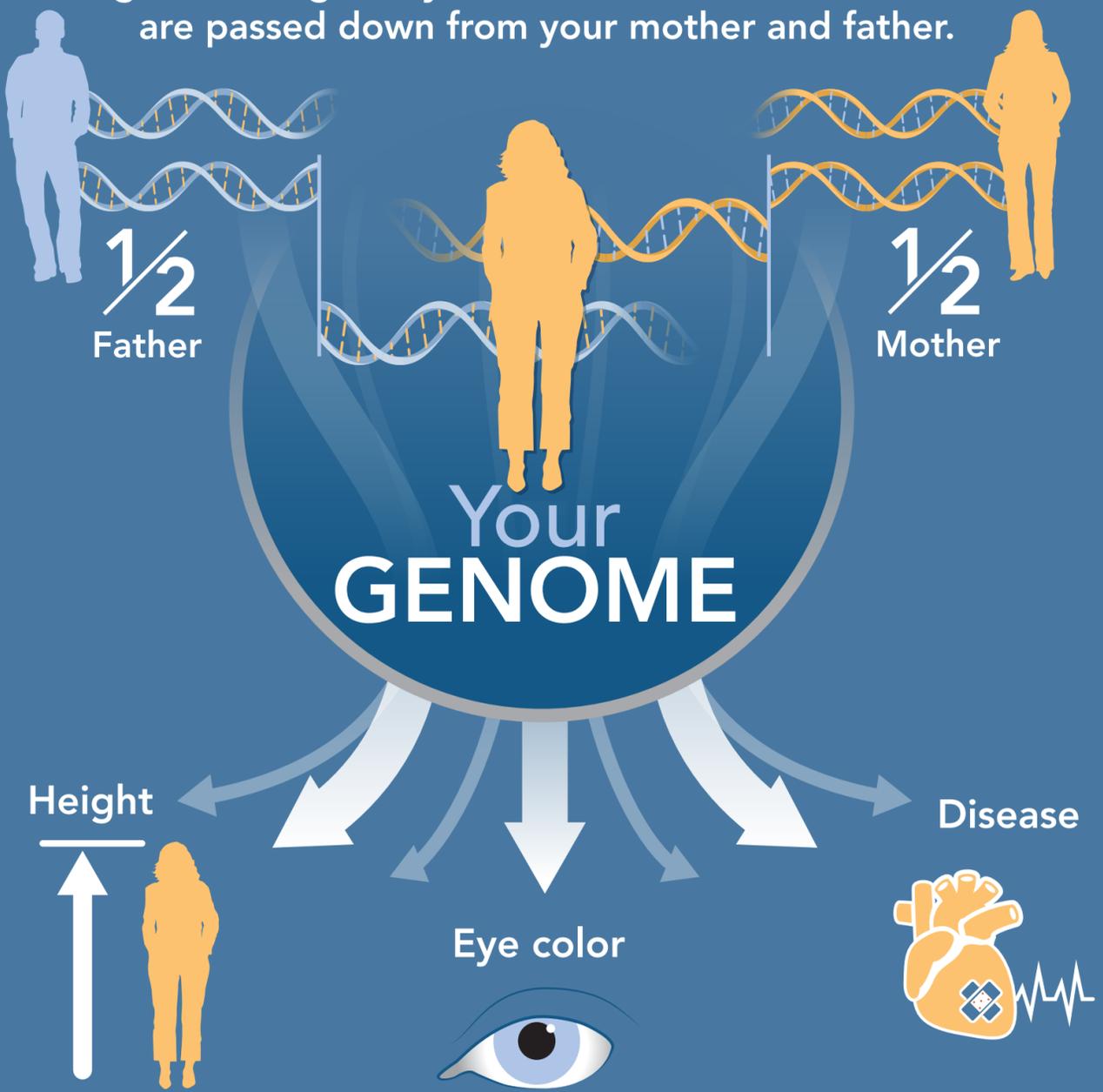


Your GENOME & YOU

Knowing about your genome helps you understand your health and supports your health decisions.

GENOME is just a fancy word for all your DNA.

Your GENOME contains all the instructions for you to grow throughout your lifetime. These instructions are passed down from your mother and father.



These instructions make you unique.

You can play an active role in keeping your genome healthy. You can eat healthy foods. You can exercise. You can avoid things that might cause diseases.



We are learning new things about the human genome every day.

Developed by the National Human Genome Research Institute's Partnership for Community Outreach and Engagement in Genomics

To find out more about genetics and genomics, visit www.genome.gov